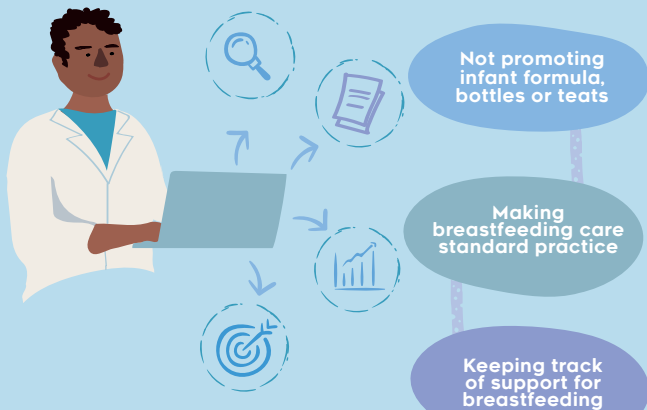


# The TEN STEPS to Successful Breastfeeding

## 1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by...



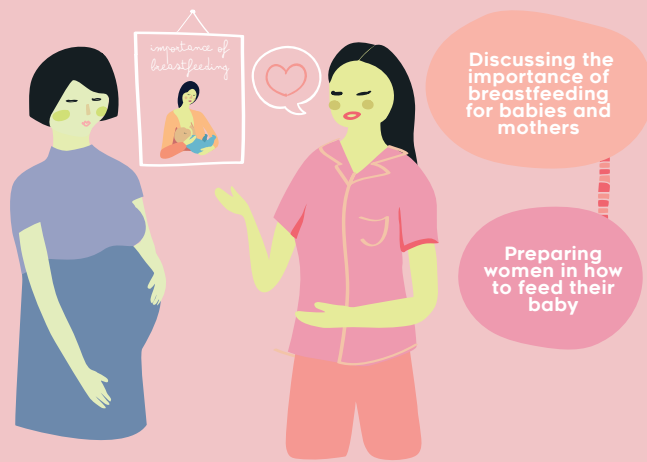
## 2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by...



## 3 ANTENATAL CARE

Hospitals support mothers to breastfeed by...



## 4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by...



5

## SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to breastfeed by...



Checking positioning, attachment and suckling

Giving practical breastfeeding support

Helping mothers with common breastfeeding problems

6

## SUPPLEMENTING

Hospitals support mothers to breastfeed by...

Giving only breast milk unless there are medical reasons

Prioritizing donor human milk when a supplement is needed

Helping mothers who want to formula feed to do so safely



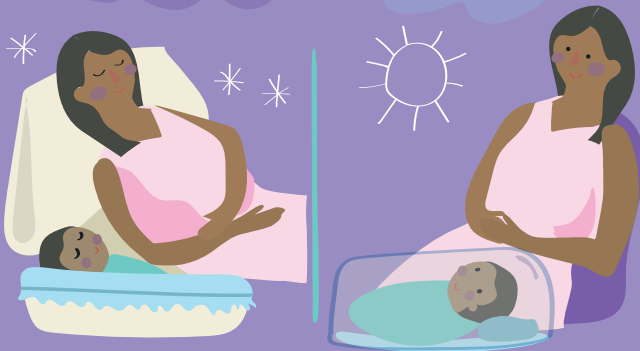
7

## ROOMING-IN

Hospitals support mothers to breastfeed by...

Letting mothers and babies stay together day and night

Making sure that mothers of sick babies can stay near their baby



8

## RESPONSIVE FEEDING

Hospitals support mothers to breastfeed by...

Helping mothers know when their baby is hungry

Not limiting breastfeeding times



9

## BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to breastfeed by...

Counsel mothers on the use and risks of feeding bottles, teats, and pacifiers



10

## DISCHARGE

Hospitals support mothers to breastfeed by...

Referring mothers to community resources for breastfeeding support

Working with communities to improve breastfeeding support services

